

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

December 2012

Brunswick Senior Center 12 East "A" Street Brunswick, MD 21716

Wii Bowling League
Forming teams, please sign up before Friday December 21st, teams will be formed randomly. **Join in the fun, get some exercise!**

I will honor Christmas in my heart, and try to keep it all the year.
Charles Dickens

10:30 Exercise to Video
11:00 Wii bowling
11:45 Trivia

9:00 Strength Training
CENTER CLOSED

11:00 Holiday Music by Dave Williams
12:45 Holiday BINGO

Diabetes Program at Frederick Senior Center 9:30 -2:00
Transportation available

Department of Aging Trip: Oatlands
Wal-Mart Shopping Trip

Don't forget to sign up for Christmas Party

First Day of Hanukkah

VISIT Urbana Senior Center Lunch & Bingo 10:00 – 2:00

9:00 Strength Training
CENTER CLOSED
5:30 Pizza & Card Party

Department of Aging Trip: Toby's
11:00 Nurse Steve "Walk-to-Health"
12:45 Christmas Candy BINGO

11:00 PNC Bank
12:00 Special Holiday Meal

10:30 Exercise to Video
1:00 Local shopping to Dollar Store

MENU FOR 12/13
BAKED HAM
CANDIED SWEET POTATOES
GREEN BEANS
FRUIT AMBROSIA
DINNER ROLL
CHERRY PIE
1% MILK

All of us at the Brunswick Senior Center would like to wish everyone a wonderful

Christmas Season!



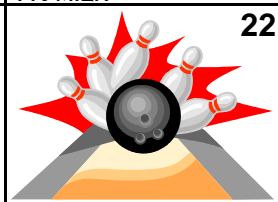
10:30 Exercise to Video
11:00 Wii bowling
11:45 Nutrition Minute

9:00 Strength Training
CENTER CLOSED

Christmas Party
**see details below*

9:00 Strength Training
10:30 Self-Check Blood Pressure Screening
11:00 FALLS PROGRAM

10:30 Exercise to Video
1:-00 – 3:00
Christmas Party at the Department of Aging.
Winter Begins



CENTER CLOSED COUNTY HOLIDAY

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Christmas Day

Kwanzaa Begins

12:45 Re-gift Christmas BINGO

9:00 Strength Training
11:00 Crochet group

10:30 Exercise to Video
Don't forget to get your Wii scores in!

What I don't like about office Christmas parties is looking for a job the next day.
Phyllis Diller

Brunswick Senior Center
"Where everyone is someone"

10:00-Exercise to Video
11:00 Wii Bowling

New Year's Eve

Christmas Party

Wednesday December 19, 2012 11:00 – 2:00 Held at the Brunswick Eagles
For reservations or more information, please call Cathy 301-834-8115